

THE VILLAGE HUG



Connecting Community Creatively

Issue 6 – 22nd May 2020

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”
Isaiah Chapter 41 v 10

The Village Hug is a weekly newsletter created by the young folk of Torrance Parish Church as a gift to the people of Torrance during the Coronavirus Emergency.

Please pass on this PDF to others who may enjoy it and print it off for people not connected by email or Facebook (whilst taking the appropriate social distancing precautions of course).

If you have any ideas for future content then please contact us at thevillagehug@gmail.com

MY FIRST NOVEL -INTERVIEW *with Tracy MacKenzie*

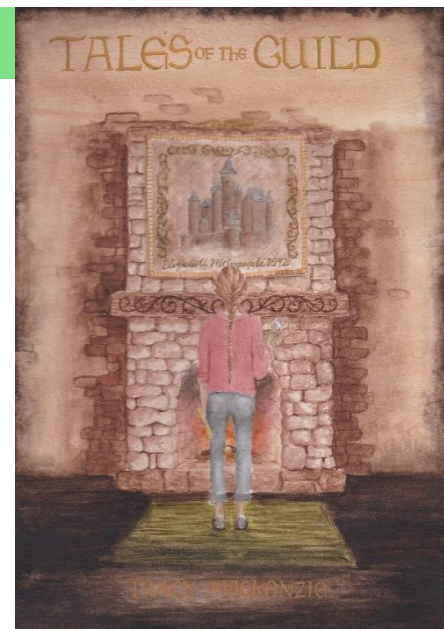
They say ‘everyone has one novel in them’, but Torrance Mum Tracy Mackenzie already had a busy working life, a family to look after and a role as a leader at the Girls Brigade in Torrance. So how did she manage to write her debut novel and what tips does she have for aspiring authors with time on their hands during ‘lockdown’?

I can’t remember a time when I didn’t want to write and a few years ago I started to take it more seriously. I quickly found that there is no one right way to write and I had to find a way to do it that fitted in with my life. The best thing I did was to buy a Bluetooth keyboard for my tablet, although I do like a notebook too and switch between them. I like to write in coffee shops and Tim Hortons at the retail park is a favourite of mine. I also find that writing in short, concentrated bursts (10 – 30 minutes) works best for me to fit around my day job, home and hobbies.

Lockdown is a good chance to take on a project you’ve always dreamed of but be prepared that the end product might not look like what you start with: ‘Tales of the Guild’ started life as ‘Emily Jelly and the Secret Book’! I was quite attached to Emily Jelly but she didn’t survive the editing process. The best advice I have ever received is that you can’t edit what isn’t there – get that first draft written and then you can work through it/fiddle with it/rewrite huge sections and get emotional when you delete thousands of words at once.

Once I was sure it was the story I wanted to put out into the world I sent submissions off to agents and a few competitions. I was prepared for rejections (which I got) and people not replying (which happened) so I was delighted (understatement) that the book was long listed for the Times/Chickenhouse Children’s Fiction Competition 2019. I subsequently self-published the book and the best part of the process was when I got the design for the cover from Torrance artist Rhian Muir – the cover represented the book perfectly and it was wonderful that someone else saw my words the way I wanted them to (I ‘may’ have teared up a little).

While this was going on I began work on my next book and I’m currently editing two completed first drafts, one of which is the sequel to ‘Tales of the Guild’.



‘Tales of the Guild’ is available to buy on Amazon.

The front cover was illustrated by Rhian Muir – who also designed the logo for The Village Hug.

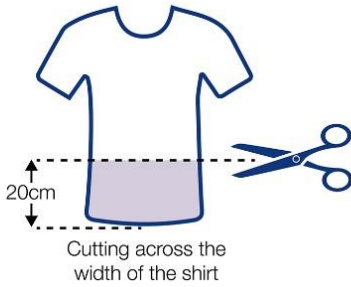
HOW TO MAKE A FACE COVERING

USING A T-SHIRT

You will need:

- an old T-shirt that you do not want anymore (ideally size small or extra small)
- scissors

Step 1: Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom of the T-shirt.



Step 2: From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.

Step 3: Cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. From here, make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.



Step 4: To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.



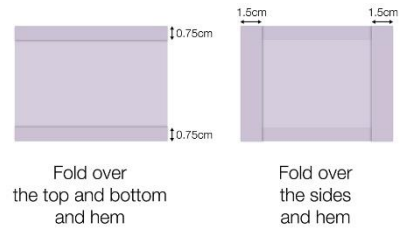
A SEWN CLOTH FACE COVERING

You will need:

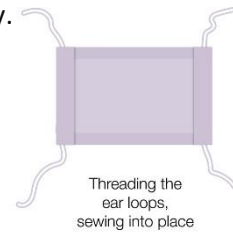
- two 25cm x 25cm squares of cotton fabric
- two 20cm pieces of elastic (or string or cloth strips)
- needle and thread
- scissors

Step 1: Cut out two 25cm x 25cm squares of cotton fabric. Stack the 2 squares on top of each other.

Step 2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.



Step 3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly.



Step 4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.



THIS INFORMATION IS FROM THE UK GOVERNMENT WEBSITE LINK BELOW AND IS ACCOMPANIED BY THE FOLLOWING ADVICE: Face coverings should not be used by children under the age of 2, or those who may find it difficult to manage them correctly. For example, primary age children unassisted, or those with respiratory conditions. This information is a guide to making a simple face covering. We do not endorse any particular method and other instructions are widely available online. Always take care to use equipment safely to avoid injury. Children should only follow these instructions under the supervision of adults.

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering#making-your-own-face-covering>

MASQUERADE

These famous Scots are putting their face coverings on to go out to the shops!
Can you work out who they are?

1.



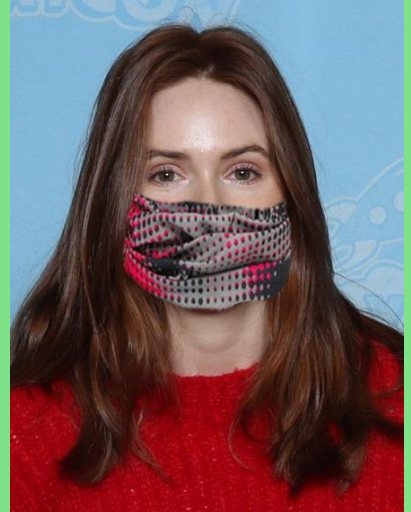
2.



3.



4.



5.



6.

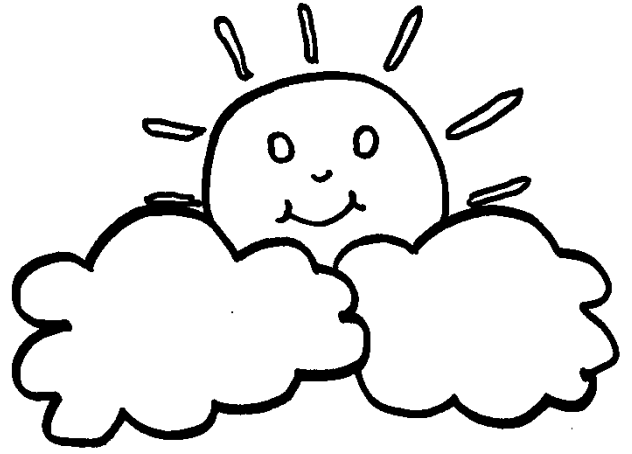


For a bonus point, can you remember which one of these people previously lived in Torrance?

Spring has sprung and although we all have to stay at home, we can still enjoy time in the garden or on short walks. Enjoy this week's spring-themed word search!

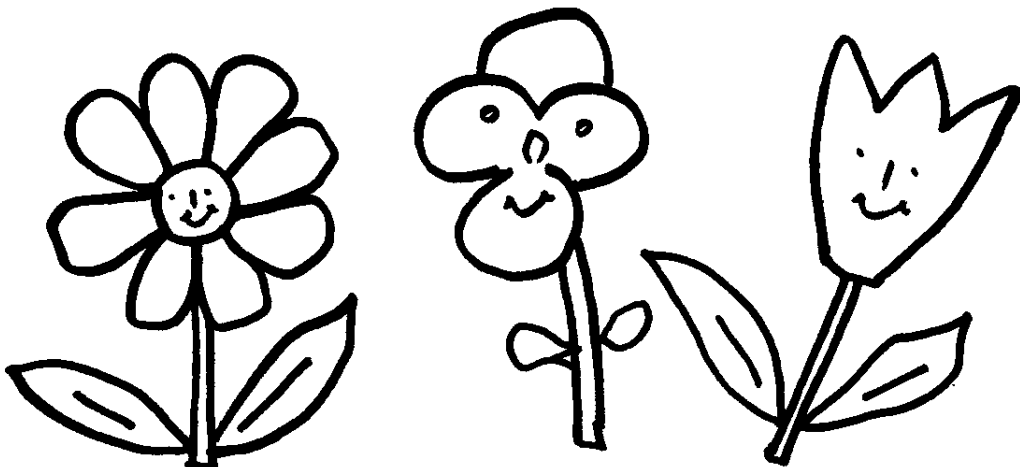
Words can be found horizontally, vertically, diagonally, and backwards.

You can also have fun colouring in the drawings!



spring
clouds
church
trees
rain
carrot
Torrance
jog
cake
play
walks
flowers
garden
sun

E	T	Z	Y	P	P	Q	R	S	T	C	L	O	U	D	S	C	R	A	I	N	S	C	A
M	C	Q	G	C	O	R	G	P	V	B	C	O	J	U	L	H	I	F	Z	U	A	S	B
F	J	N	P	R	F	N	G	O	B	N	D	N	X	V	R	U	O	E	N	R	E	P	G
W	Y	W	A	W	I	B	O	A	R	W	D	M	V	U	F	R	U	N	R	J	C	U	Z
S	B	C	V	R	B	H	Q	L	R	N	J	J	M	B	A	C	S	O	V	J	B	C	S
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M	J	S	P	E	Z	O	A	H	U	A	E	Y	D	R	I	O	I	D	S	G	W	C	L
Y	L	Y	Q	G	U	Y	T	K	O	F	A	N	J	S	L	I	K	R	K	Y	Y	W	S
A	O	Q	W	H	N	Q	H	F	E	L	T	I	I	R	A	I	T	H	L	C	B	Y	A
W	Y	Q	B	X	Q	L	G	K	P	A	X	L	U	E	K	K	R	C	A	G	U	G	R
L	S	G	R	P	A	B	I	U	H	J	N	G	B	W	R	S	K	P	W	T	H	H	U
K	D	H	F	C	N	C	J	F	M	M	R	H	W	O	B	B	U	I	A	V	N	O	W
W	K	A	K	R	G	D	O	E	V	A	A	Q	L	L	O	S	E	E	R	T	R	F	I
M	M	D	M	I	H	D	S	F	V	V	X	G	I	F	R	J	U	B	C	Y	E	C	P
P	T	S	P	B	D	Q	D	C	L	P	W	K	F	J	O	P	G	W	O	J	V	N	Q
F	F	X	D	A	H	Q	E	C	N	P	J	O	H	E	N	T	B	A	U	A	K	V	Y
S	T	R	D	O	Q	E	J	Y	F	G	Y	A	W	A	P	J	G	Y	B	N	J	D	A
I	F	C	B	V	H	N	A	D	Q	O	S	X	D	C	O	P	T	J	S	M	J	Z	M



Invitation - Let's connect!

Invitation to the Alpha Course in Torrance.

Would you like to participate in an online Alpha course?



With everyone so isolated we thought it would be good to connect with others in the community, to grab this rare opportunity to find time to think, and talk, about the big questions of life (Is this all there is? Why am I here?); about faith and reason and God and meaning. This is intended as an open, honest and informal space where hard questions, deep questions or just chat are all welcome.

We are running an online version of a course called **Alpha** that millions all round the world have done over the last 30 years.

It will be run over zoom, on Monday evenings from 1 June at 7.30pm.

No membership, no follow up calls, no charge, no need to speak, just a chance over 11 weeks to explore the big questions about the Christian faith and hear other people's views!

The evenings start with a video talk of about 20 minutes on a subject, which will be followed by open discussion on zoom for around 45 minutes.

Why not check it out with this one and half minute series trailer?

Just click on the link (or copy it down and enter it into your internet browser):

<https://player.vimeo.com/video/357618357>

We would be really delighted if you would join us.

If you would like to, please contact Geoff Burns at geoffburns@barnellan.org.uk or on 01360 620220.

PRAYER OF THE WEEK

Please join us as we pray each week for the needs of our Village.
This week we are praying about "Loneliness and Isolation":-

"Dear Lord

We ask You to be near to those feeling lonely or isolated just now.

Please bring encouragement too through a call from family, friends or neighbours.

We trust your promise never to leave us or forsake us.

Amen"

Are you in need of help, prayer, to be listened to in confidence?

Please don't hesitate to contact the following number by phone call, WhatsApp or text:

07788 797238

This is a dedicated phone number, used only by the Prayer Ministry Team.

WALKING ROUTE *by Dora Black*

This scenic walk is approximately 5 km and took me about 90 minutes at a leisurely pace, frequently stopping to admire the views and listen to the sounds.

Start at the end of Tower Road where it meets with Balmore Road. You can get there by leaving Torrance near the garage. Walk towards Balmore, with the Comben estate on your right. Tower Road is at the end of the houses.

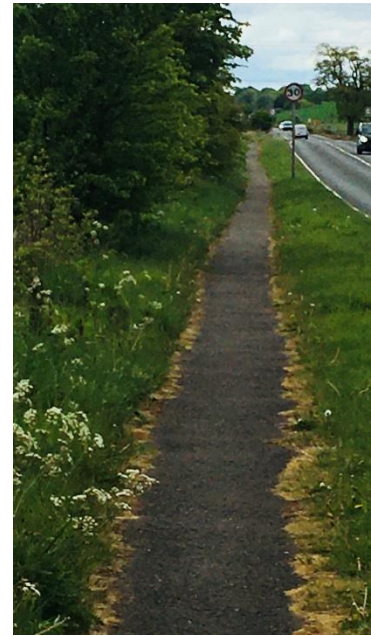
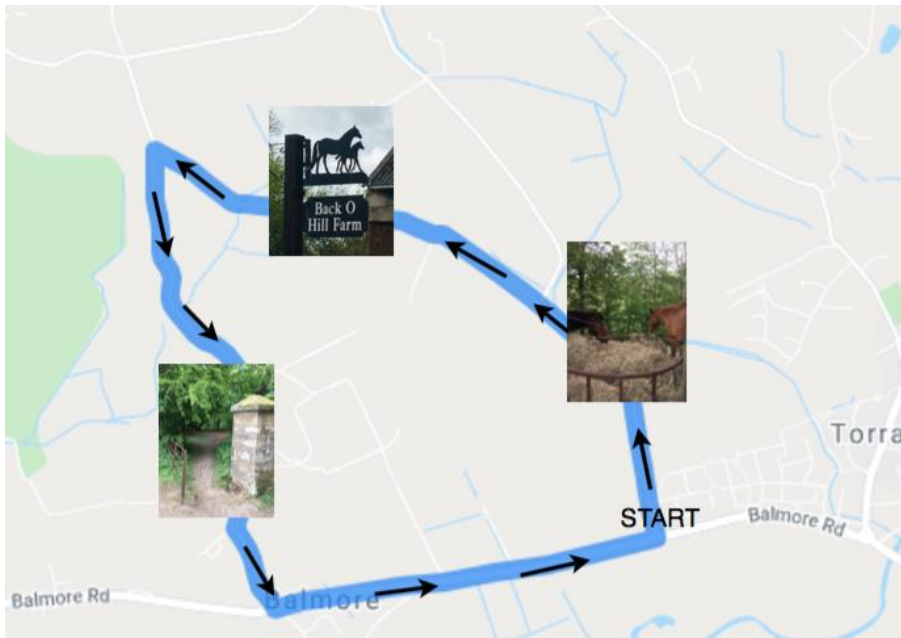
Turn right and walk uphill, cross over an old bridge and then pass the house on the left. You'll pass the end of Fairy Glen on your right. Keep walking until you come to the fork in the road. Take the left hand, narrower road known as Back o' Hill Road.

Steady incline passing Back o' Hill Farm on your left where you can stop and admire the views over the fields.

Continue on a decline until you come to a T junction.

Turn left into Glenorchard Road and follow it all the way to Balmore. It twists and turns but stay on it until you meet the Balmore Road at Baldernock Church Hall.

Turn left and walk alongside the Balmore Road back into Torrance.



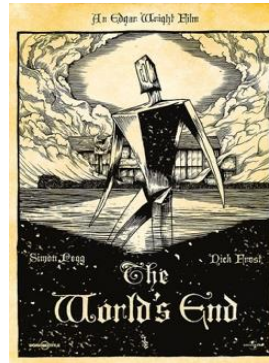
WALKING QUIZ FROM ISSUE 5 ANSWERS *by Niall McDonald*

1. Woodmill Park
2. Barraston House
3. Fairy Glen Bridge
4. Torrance Pharmacy
5. West Balgrochan Road Stables wall.

At Worlds End – Cert 12A, 21:00 – ITV2, Friday 22nd May

The ‘Cornetto Trilogy’ wraps up with this dark, hilarious, daring comedy starring Simon Pegg and Nick Frost, both of whom give fantastic performances in their respective roles. Having produced *Shaun of the Dead* and *Hot Fuzz* with Edgar Wright before this, the trio has become a well-oiled movie-making machine and *At Worlds End* is no exception to this. As to be expected with an Edgar Wright film, it’s the masterful directing and editing that brings this movie together seamlessly.

4/5 Village Hugs



A Fistful of Dollars – Cert 15, 21:30 – ITV2, Saturday 23rd May

Clint Eastwood stars in his very first appearance as the gun-slinging, poncho-wearing Man with no Name. However, as it’s a spaghetti Western, some of the actors in the film are speaking Italian with the English translation dubbed over them, which can be off putting at first, but this doesn’t detract from the fantastic scenes Leone is able to pull off with the help of Ennio Morricone’s fantastic score.

3/5 Village Hugs



Baby Driver – Cert 12A, 21:35 – RTE One, Saturday 23rd May

One of Edgar Wright’s more recent films, *Baby Driver* features some great direction and editing, as is the same with all of his movies. Although it also features some questionable casting choices, this shouldn’t detract from the fact that all the actors put in great performances and the relationship between Ansel Elgort’s Baby and Lily James’s Debora is certainly believable and developed well over the course of the film.

4/5 Village Hugs



Jurassic Park – PG, 18:45 – ITV, Sunday 24th May

One of Spielberg’s most iconic classics, *Jurassic Park* is every ten-year old’s dream movie experience. Although this obviously means others can find enjoyment in it as well, the film is one of the most realistic “monster” movies ever made, and part of this is due to the fact that the dinosaurs aren’t even treated as monsters, but instead are portrayed as living, breathing animals that you could find roaming the wild today. This makes the movie all the more believable as our protagonists attempt to escape the dino-infested Isla Nublar.

4/5 Village Hugs



WHEN THIS IS OVER I'LL BE EXCITED TO...

**...GO BACK TO MY
WEEKLY DRAMA CLASS +
SEE MY FRIENDS THERE.**

WHEN THIS IS OVER I'D LIKE SOCIETY TO CONTINUE TO...

**...RESPECT EVERYONE IN
SOCIETY, ESPECIALLY
SUPERMARKET
WORKERS AND HOME
CARERS
– WE NEED THEM!**

By Lorna Traynor

BUILDING A BUG HOTEL *by The Eco Group at Torrance Parish Church*

The Eco Group has been running in the church for a couple of years now. We promote ecological awareness to the congregation and enact good practice in the church buildings.

Last summer, with the help of some of the children from the church, we built this large 'Bug Hotel' using pallets on the church grounds. A bug hotel is a shelter for insects to encourage them to inhabit your green space.

There are no rules to building a bug hotel, so use what you have and be as creative as you like and have some fun! The bugs will be very grateful!



Pallets can take up quite a bit of space so if you only have a small garden you can build a smaller bug hotel using a drink carton or plastic bottle.

To do this you will need:

- *A tetra pack drink carton or a plastic bottle (a square one is good for this)*
- *Paint*
- *String*
- *Pinecones, leaves, twigs, grass, stones, hollow canes (or large paper drinking straws if you don't have canes) etc.*
- *Moss*
- *Corrugated card cut into strips and rolled up*
- *Cardboard tubes (from the middle of a kitchen roll) – optional!*

To make your hotel:

- *Cut the front out of the carton or bottle and paint the outside. Pierce some holes in the bottom just to let any rainwater that may get in run out.*
- *Fill the bottom with a few small stones and moss as this will weigh down the bug hotel and stop it from blowing around in the wind when it's hanging up.*
- *The cardboard tubes can help hold things together but if you don't want to use them, just fill the containers however you want to. If you are using cardboard tubes, cut them to be the same depth as the container and fill with the canes or drinking straws, rolled up corrugated card, twigs, moss or any other materials you have. Just be as creative as you like! Put the tubes inside the container and fill the gaps with straw, hay, moss or even some sheep's wool as there is plenty stuck to the fences around the fields at the moment.*
- *Put some string through the top, tie to a tree or bush and wait for your visitors to arrive.*



If you want to make a slightly bigger bug hotel, collect 5 or 6 2-litre juice bottles and cut the cap end off. Staple or glue the bottles together in a "flower" shape. Pierce some holes in the middle of the bottles and thread a length of string through the holes, leaving it long enough to tie the ends together on the top.

Fill as described above and hang from a tree or just leave in a shady corner of the garden.



MAPLE PLUM CRUMBLE RECIPE *from Jean McBurnie*

As we experience a week of colder weather why not try out this delicious hot pudding recipe?

Ingredients:

8 ripe plums, halved, stones removed
4 tbsp maple syrup
50g/2oz butter, cut into pieces
50g/2oz plain flour
50g/2oz rolled oats
20g/1oz golden caster sugar
half tsp ground cinnamon
25g/1oz flaked almonds

Method:

1. Heat oven to 200C/fan 180C/gas 6.
2. Place the plum halves, skin side down, in the base of large heatproof dish.
3. Drizzle over half the maple syrup and roast for 10 mins.
4. Meanwhile place the butter, flour, oats, sugar and cinnamon in a bowl and rub the butter into the mixture until you have rough crumbs.
5. Stir in the almonds, then sprinkle over the plums.
6. Drizzle the top with the remaining maple syrup and bake for 15-20mins until top is golden.
7. Serve with custard/ice cream.

Do you have a great recipe worth sharing with the Village?

- Send it to thevillagehug@gmail.com



SUNDAY SERVICE AT 10:30AM EVERY WEEK

During the Coronavirus Emergency you can listen to and watch the service using the Zoom webinar conferencing app. You'll be able to see the song words and the people leading the service. You won't be visible on screen.

<https://zoom.us/j/462751387>

The Meeting ID is: 462 751 387.

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